



# NAPCAIM

National Association of Palliative Care  
for AYUSH & Integrative Medicine

लौका: समस्ता: सुखिनी भवन्तु।  
lokāḥ samastāḥ sukhīnī bhavantu

Let the entire world be happy.

सारा संसार सुखी रहे।

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## ABOUT US

The only National Non Profit having experienced Professionals of Allopathy, AYUSH and Social Workers joining hands in the National Network on Palliative Care through the State Chapters.

We aim to empower & develop AYUSH Interventions in Palliative Care in response to the requirement of integrating all modalities of treatments with Modern Medicine for attaining the Goal No.3 of the United Nations Sustainable Development Goals 2030 i.e. "Good Health and Well Being" where Good Health aims at the Disease free Society and Well Being points towards Palliative Care.

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## PHILOSOPHY

Sharing Empathy and Compassion is what we look forward to. In spite of the fact that we all have it in plenty, however, it is always used in a miserly manner although it does not cost most of the time. Little do we realize that the more we spend it, the more shall it grow to enlighten our lives with happiness and self-satisfaction! Palliative Care is just not a science, but a fine art, where the basic qualification needed for it is 'compassion' and "empathy".

People who are deprived from the Bliss of having are the one who are dissatisfied, in spite of achieving great heights in the professional / financial domain, as little do they think about the Purpose of Life. We acknowledge the importance of indigenous and traditional therapies like AYUSH & other modalities of healing like aromatherapy, music therapy, drama therapy, ritualistic methods of healing, etc. as all of them have a very important role to play in palliation as the concept being 'holistic'.

India has a rich heritage of thousands of years old Medical Systems in

## AYUSH

- *"AYURVEDA – The Science of Life",*
- *"Yoga for Physical, Mental and Spiritual Health"*
- *Unani*
- *"SIDDHA - The Perfect One"*
- *Homeopathy*

Reflect back on those tender moments of bliss & healing when you were feverish, lying in the lap of your mother, as she gently tousled your hair with her fingers or her blissful kiss after every injury gave a miraculous healing touch ...

Exactly my friends, that was the birth of Palliative Care!

So, let us all get together to bring about a sense of meaning & purpose to our existence by understanding the fact that by helping others, we heal our own selves and our happiness multiplies when we bring smiles on the faces of those who need it the most.

Let us not forget that Grief decreases when shared and Happiness increases on sharing with others and we together can aim to implement the same by practicing and grooming others.

## GENESIS

According to WHO one in five people suffer from moderate to severe chronic pain and one in three are unable to maintain an independent lifestyle due to their pain. Roughly 60% of people with chronic pain are unable to enjoy normal sleep, perform household chores, attend social activities, drive a car, walk or have sexual relations. The effect of pain means that relationships with family and friends are strained or broken. Social evolution led to development of different Medical systems and beliefs, to keep the folk hale and hearty. Rise of scientific medicine changed the scenario by unfurling the mysteries, however development of drug resistant superbug bacteria due to misuse of antibiotics and side effects due to long term use of medicines for the management of pain and other distressing symptoms, necessitating the exploration and use of other medical systems side by side. India has no dearth of medical treasures used successfully for ages. Ministry of AYUSH, signed historic Project Collaboration Agreement with World Health Organization for cooperation on promoting the quality, safety and effectiveness of service provision in traditional and complementary medicine. The PCA was signed by Ministry of AYUSH and World Health Organization in 2017. Time is ripe to explore the use of alternative medical systems in Palliative Care which can make it cost effective besides improving the quality of life, not only of the Terminally ill patients but humanity as a whole.

**National Association of Palliative Care for AYUSH & Integrative Medicine shall empower the AYUSH Professionals and promote AYUSH Interventions in Palliative Care.**